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WARTIME COOK NEEDS SKILL WITH SAUCES

Sauces and gravies that spread the flavor help make meat go farther, suggests _____, who offers these sauce-making tips from home economists of the U. S. Department of Agriculture.

(Name) (Title) (Place)

Treasure all tidbits of meat, scraps of fat, and drippings. Scrape the platter clean and the cooking pan, too. Fine flavor for sauce and gravy may be "browned on" the pan. The secret of making a smooth, thickened sauce or gravy is to blend flour with fat in equal quantity, then add cool or lukewarm liquid gradually while stirring the mixture over low heat. Sauce or gravy made this way is free from lumps and does not separate. Proportions are: 1-1/2 to 2 tablespoons each of flour and fat to each cup of liquid.

The fat that drips from meat in cooking is usually enough for gravy. But fat left from other meat may be used, too. Very often a mixture of fat from different meats gives extra good flavor.

Several different liquids may be used in making sauce or gravy. The juice that cooks out of meat, or broth made by stewing bones, is best for brown gravy. Tomato juice combined with meat drippings or the liquid drained off boiled vegetables makes good sauce or gravy. Milk is used in white sauce or the "cream" gravy served with fried chicken, pork chops, and ground meat patties.

The fat, flour, and liquid provide most of the food value of a sauce, but seasonings are the "makings" of the flavor. Varying the seasonings in sauces and gravies helps to prevent monotony in meat dishes. Just a little seasoning is better than overwhelming flavor. A blend or mixture of different seasonings gives a more interesting flavor than just one kind. Economy seasonings include onion, garlic and chives, celery leaves, parsley, and other garden herbs, horseradish, and spices such as ginger, cloves, and cinnamon.

U.S. Department of Agriculture

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